

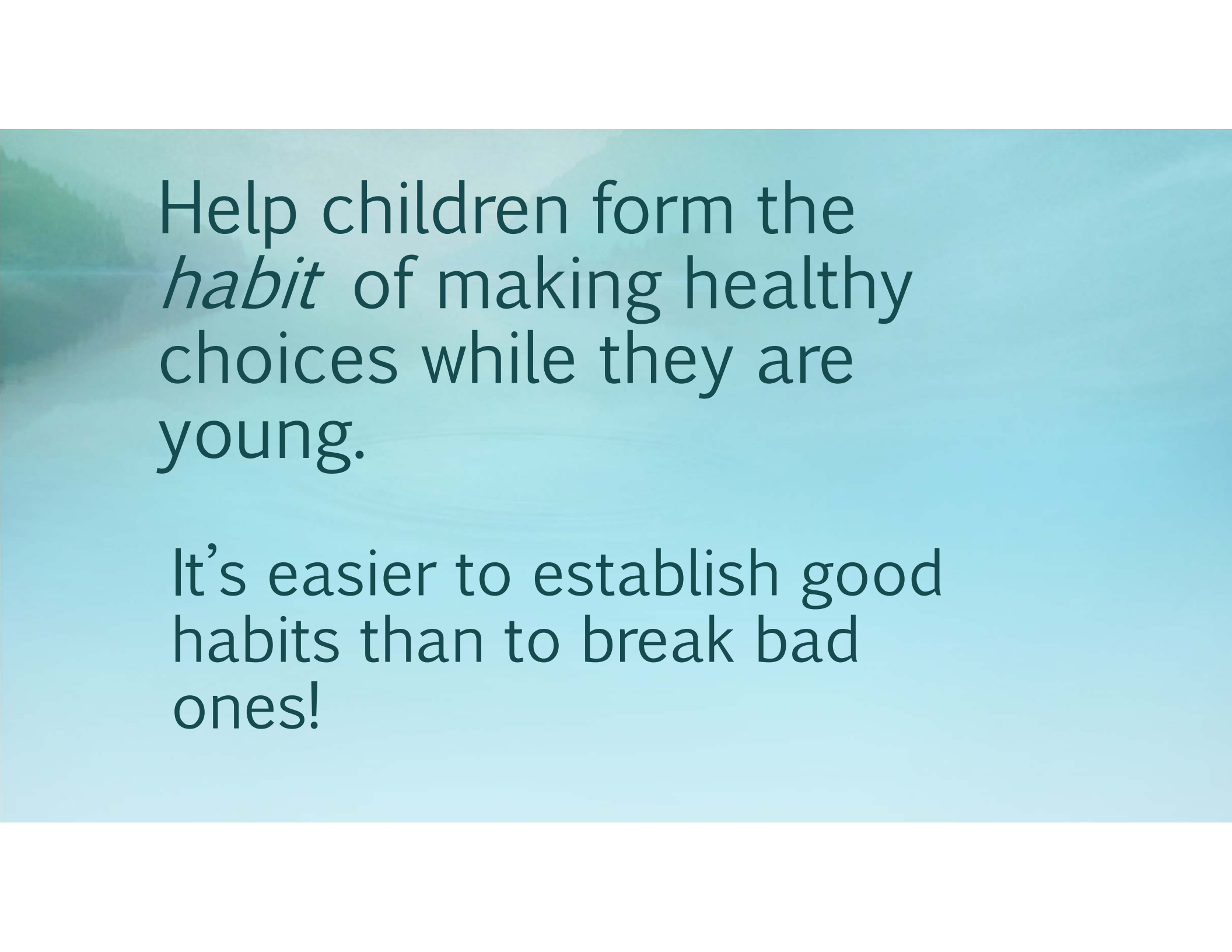


# I Am Moving I Am Learning

A Proactive Approach to  
Preventing Childhood Obesity

# I Am Moving I Am Learning Goals

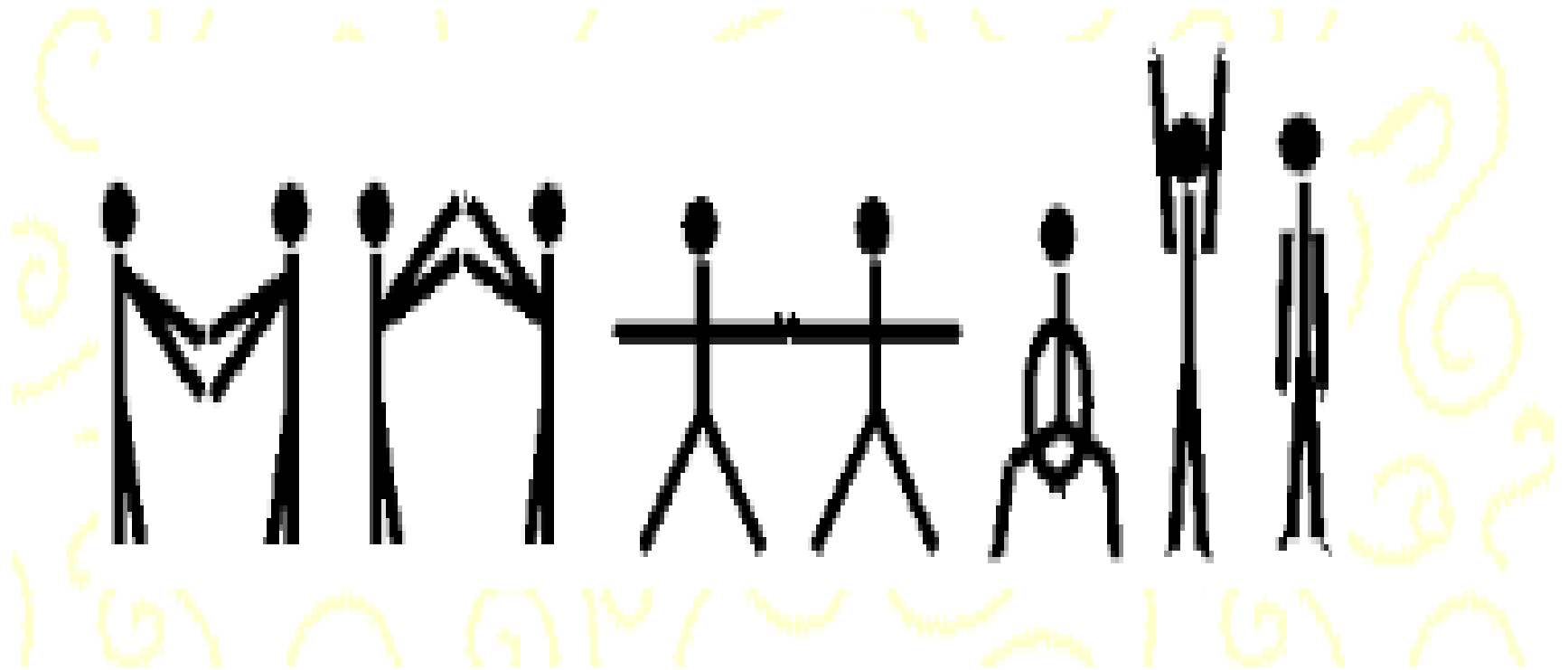
- Moderate to vigorous physical activity (MVPA) everyday.
- Improve the quality of the movement experiences that children have everyday, facilitated by teachers and parents.
- Increase the healthy choices for children that we make everyday.



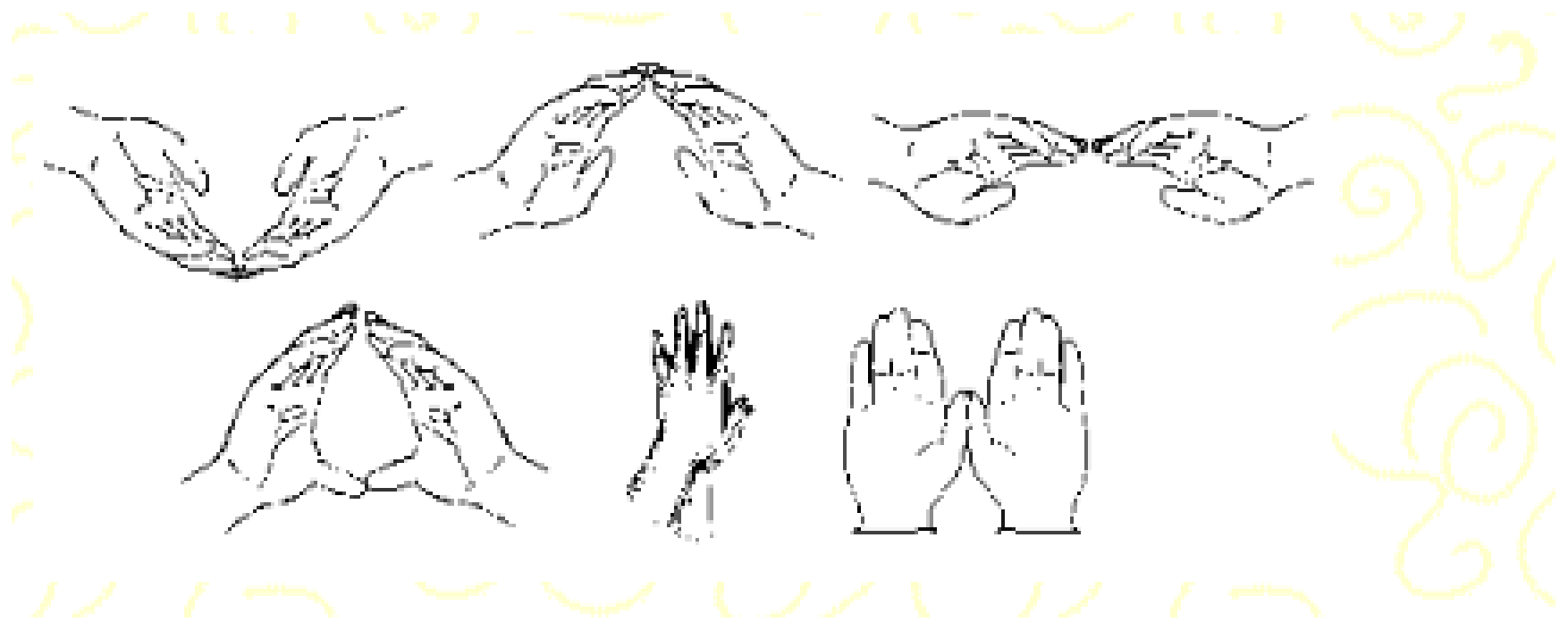
Help children form the *habit* of making healthy choices while they are young.

It's easier to establish good habits than to break bad ones!

# Build A Bridge



# Build a Bridge - Adapted



# Take That Rope

O V P | C S G L



Yeehaw!



# Hand Jive



For more resources visit these websites:

- [headstartbodystart.org](http://headstartbodystart.org)
- [eclkc.ohs.acf.hhs.gov/IMIL](http://eclkc.ohs.acf.hhs.gov/IMIL)
- [abridgeclub.com](http://abridgeclub.com)
- [cdbaby.com](http://cdbaby.com)